What Is Claimed Is:

1. An optical disc recording method, comprising:

repeatedly performing a test record a plurality of times, prior to an actual record on an optical disc, in an outer peripheral test area of the optical disc which is on an outer peripheral side with respect to a program area of the optical disc, wherein the test record includes:

controlling a velocity to a predetermined linear velocity, and

sequentially changing a recording power;

obtaining an appropriate recording power value at the linear velocity, on the basis of reproduced signals of the plural test records in the outer peripheral test area; and

performing an actual record on the optical disc while controlling the recording power to the appropriate recording power value at the predetermined linear velocity, or to an appropriate recording power value which is obtained on the basis of the appropriate recording power value at another linear velocity.

2. The optical disc recording method of claim 1, further comprising:

on the basis of reproduced signals of the plural test records in the outer peripheral test area, obtaining a recording power value for each of the test

records, wherein a predetermined parameter relating to a reproduced signal quality has an appropriate value at the recording power value; and

on the basis of recording power values which are obtained respectively for the test records, obtaining the appropriate recording power value at the predetermined linear velocity.

3. The optical disc recording method of claim 2, further comprising:

eliminating an outlier value in the recording power values respectively obtained for the plural test records in the outer peripheral test area;

obtaining an average value of remaining recording power values; and

obtaining the average value as the appropriate recording power value at the predetermined linear velocity.

4. The optical disc recording method of claim 2, further comprising:

obtaining a minimum value of the recording power values respectively obtained for the plural test records in the outer peripheral test area; and

obtaining the minimum value as the appropriate recording power value at the predetermined linear velocity.

5. The optical disc recording method of claim 1, wherein the plural test records in the outer peripheral test area are respectively performed in areas which are sequentially shifted in a circumferential direction of the optical disc.

6. The optical disc recording method of claim 2, wherein the plural test records in the outer peripheral test area are respectively performed in areas which are sequentially shifted in a circumferential direction of the optical disc.

7. The optical disc recording method of claim 3, wherein the plural test records in the outer peripheral test area are respectively performed in areas which are sequentially shifted in a circumferential direction of the optical disc.

8. The optical disc recording method of claim 4, wherein the plural test records in the outer peripheral test area are respectively performed in areas which are sequentially shifted in a circumferential direction of the optical disc.

9. The optical disc recording method of claim 1, wherein the outer peripheral test area is set in a

remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

10. The optical disc recording method of claim 2, wherein the outer peripheral test area is set in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

11. The optical disc recording method of claim 3, wherein the outer peripheral test area is set in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

12. The optical disc recording method of claim 4, wherein the outer peripheral test area is set in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an

information area with starting from a maximum allowable outer peripheral position of the program area.

13. The optical disc recording method of claim 5, wherein the outer peripheral test area is set in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

14. An optical disc recording method in which an actual record is performed on an optical disc while, in an inner peripheral side of the optical disc with respect to an adequate radial position, a velocity is controlled by making a rotational velocity constant, and, in an outer peripheral side of the optical disc, the velocity is controlled by making a linear velocity constant at a final value of a linear velocity in the constant rotational velocity control, said method comprising:

performing a test record one time, prior to the actual record on the optical disc, in an inner peripheral test area of the optical disc which is on an inner peripheral side with respect to a program area of the optical disc, while controlling a velocity by making a linear velocity constant at an initial value of the

linear velocity in the constant rotational velocity control record and sequentially changing a recording power;

repeatedly performing the test record a plurality of times, in an outer peripheral test area which is on an outer peripheral side with respect to the program area of the optical disc, while controlling the velocity by making a linear velocity constant at a final value of a linear velocity in the constant rotational velocity control record and sequentially changing a recording power;

on the basis of a reproduced signal of the one test record in the inner peripheral test area, obtaining a recording power value at which a predetermined parameter relating to a reproduced signal quality has an appropriate value, so that the obtained value is set as a recording power value at the initial value of the linear velocity in the constant rotational velocity control record;

on the basis of reproduced signals of the plural test records in the outer peripheral test area, obtaining a recording power value at which the parameter has an appropriate value for each of the test records, and obtaining an appropriate recording power value on the basis of recording power values which are obtained respectively for the test records, so that the obtained value is set as a recording power value at the final

value of the linear velocity in the constant rotational velocity control record and in the constant linear velocity control record;

in the area where the constant rotational velocity control record is performed when an actual record is performed on the optical disc, in accordance with the linear velocity at each position, interpolating the value which has been set as the recording power value at the initial value of the linear velocity and the value which has been set as the recording power value at the final value of the linear velocity, and controlling the recording power value to the interpolated value; and

in the area where the constant linear control record is performed when the actual record is performed on the optical disc, controlling the recording power value to the value which has been set as the recording power value in the constant linear velocity control record.

15. The optical disc recording method of claim 14, further comprising:

eliminating an outlier value in the recording power values respectively obtained for the plural test records in the outer peripheral test area;

obtaining an average value of remaining recording power values; and

setting the average value as the recording power value at the final value of the linear velocity in the constant rotational velocity control record, and in the constant linear velocity control record.

16. The optical disc recording method of claim 14, further comprising:

obtaining a minimum value of the recording power values respectively obtained for the plural test records in the outer peripheral test area; and

setting the minimum value as the recording power value at the final value of the linear velocity in the constant rotational velocity control record, and in the constant linear velocity control record.

17. The optical disc recording method of claim 14, wherein the plural test records in the outer peripheral test area are respectively performed in areas which are sequentially shifted in a circumferential direction of the optical disc.

18. The optical disc recording method of claim 15, wherein the plural test records in the outer peripheral test area are respectively performed in areas which are sequentially shifted in a circumferential direction of the optical disc.

19. The optical disc recording method of claim 16, wherein the plural test records in the outer peripheral test area are respectively performed in areas which are sequentially shifted in a circumferential direction of the optical disc.

20. The optical disc recording method of claim 14, wherein the outer peripheral test area is set in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

21. The optical disc recording method of claim 15, wherein the outer peripheral test area is set in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

22. The optical disc recording method of claim 16, wherein the outer peripheral test area is set in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an

information area with starting from a maximum allowable outer peripheral position of the program area.

23. The optical disc recording method of claim 17, wherein the outer peripheral test area is set in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

24. An optical disc recording device in which an actual record is performed on an optical disc while, in an inner peripheral side of the optical disc with respect to an adequate radial position, a velocity is controlled by making a rotational velocity constant, and, in an outer peripheral side of the optical disc, the velocity is controlled by making a linear velocity constant at a final value of a linear velocity in the constant rotational velocity control, said device comprising:

a disc servo circuit which rotates the optical disc;

an optical pickup which irradiates the optical disc with a light beam to perform record and reproduction operations on the optical disc;

an optical power controlling section which

controls a power of the light beam emitted from the optical pickup;

a signal quality detecting section which obtains a predetermined parameter relating to a reproduced signal quality on the basis of a reproduced signal detected by the optical pickup; and

a system controlling section, wherein, in the system controlling section,

prior to the actual record on the optical disc, in an inner peripheral test area which is on an inner peripheral side with respect to a program area of the optical disc, a test record is performed one time while a velocity is controlled by making a linear velocity constant at an initial value of the linear velocity in the constant rotational velocity control record and a recording power is sequentially changed, and, in an outer peripheral test area which is on an outer peripheral side with respect to the program area of the optical disc, the test record is repeatedly performed a plurality of times while the velocity is controlled by making a linear velocity constant at a final value of a linear velocity in the constant rotational velocity control record,

on the basis of a reproduced signal of the one test record in the inner peripheral test area, a recording power value at which a predetermined parameter relating to a reproduced signal quality has

an appropriate value is obtained, and the obtained value is set as a recording power value at the initial value of the linear velocity in the constant rotational velocity control record,

on the basis of reproduced signals of the plural test records in the outer peripheral test area, a recording power value at which the parameter has an appropriate value is obtained for each of the test records, and an appropriate recording power value is obtained on the basis of recording power values which are obtained respectively for the test records, and the obtained value is set as a recording power value at the final value of the linear velocity in the constant rotational velocity control record, and in the constant linear velocity control record, and

in an actual record on the optical disc, in the area where the constant rotational velocity control record is performed, the record is performed while, in accordance with the linear velocity at each position, interpolating the value which has been set as the recording power value at the initial value of the linear velocity, and the value which has been set as the recording power value at the final value of the linear velocity, and controlling the recording power value to the interpolated value, and, in the area where the constant linear control record is performed, the record is performed while controlling the recording power

value to the value which has been set as the recording power value in the constant linear velocity control record.

25. The optical disc recording device of claim 24, wherein the system controlling section eliminates an outlier value of the recording power values respectively obtained for the plural test records in the outer peripheral test area, obtains an average value of remaining recording power values, and sets the average value as the recording power value at the final value of the linear velocity in the constant rotational velocity control record, and in the constant linear velocity control record.

26. The optical disc recording device of claim 24, wherein the system controlling section obtains a minimum value of the recording power values respectively obtained in the plural test records in the outer peripheral test area, and sets the minimum value as the recording power value at the final value of the linear velocity in the constant rotational velocity control record, and in the constant linear velocity control record.

27. The optical disc recording device of claim 24, wherein the system controlling section respectively

performs the plural test records in the outer peripheral test area in areas which are sequentially shifted in a circumferential direction of the optical disc.

28. The optical disc recording device of claim 25, wherein the system controlling section respectively performs the plural test records in the outer peripheral test area in areas which are sequentially shifted in a circumferential direction of the optical disc.

29. The optical disc recording device of claim 26, wherein the system controlling section respectively performs the plural test records in the outer peripheral test area in areas which are sequentially shifted in a circumferential direction of the optical disc.

30. The optical disc recording device of claim 24, wherein the system controlling section sets the outer peripheral test area in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

31. The optical disc recording device of claim 25, wherein the system controlling section sets the outer

peripheral test area in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

32. The optical disc recording device of claim 26, wherein the system controlling section sets the outer peripheral test area in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

33. The optical disc recording device of claim 27, wherein the system controlling section sets the outer peripheral test area in a remaining area which is obtained by removing an area corresponding to a predetermined lead-out area from a portion which is on an outer peripheral side of an information area with starting from a maximum allowable outer peripheral position of the program area.

34. An optical disc, comprising:

an inner peripheral test area which is formed

in a portion on an inner peripheral side of the optical disc with respect to a program area; and

an outer peripheral test area which is wider than the inner peripheral test area, and is formed in a portion on an outer peripheral side of the optical disc with respect to the program area.